Ash Wednesday, March 2\textsuperscript{nd}, 2022

11:45 a.m. Mass with distribution of the Ashes

Christ the King Chapel, St. Paul’s College, 70 Dysart Road

In the Catholic tradition Ash Wednesday is a day of fasting (eating less than usual) and abstinence from meat (fish and eggs are allowed). Two major purposes of Lent: It recalls or prepares for baptism and emphasizes a spirit of penance. Through forty days of closer attention to God’s Word and of more fervent prayers, believers are prepared to celebrate the Paschal Mystery. The Church encourages penitential practices that are external and social, reflecting the circumstances of individuals and communities as we pray and do penance for sinners.

Sponsored by St. Paul’s College Campus Ministry